May - Lesson Plan Grades 2-3

FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Explore the taste and appearance of strawberries and rhubarb.

Learn that fruits such as strawberries and rhubarb are good sources of vitamin C.

Identify multiple ways to eat strawberries and rhubarb.

Supplies Needed

May

Pick a **better** snack[™] & **Act** bingo card

2nd Grade: "Strawberries and Rhubarb" worksheet

3rd Grade: "Strawberry Fun Facts" worksheet

Tasting Opportunities

Featured Fruits: Strawberries Rhubarb

Background

Strawberries are thought to have originated with the Romans, maybe as far back as the Greeks. The name "strawberry" may have resulted from children in the 19th century, who threaded the berries on straw and sold them.

Strawberries are grown on a small, perennial (survives more than one growing season) plant that must be harvested by hand. Strawberries can be grown in lowa during the spring. They are the first fruit to ripen in the spring. Over three-fourths of the nation's strawberries are grown in California. The growing season for strawberries in California lasts almost year-round.

After strawberries are harvested, they are taken to refrigerated facilities within 24 hours. California strawberries are shipped to Iowa by refrigerated trucks. Hand picking and refrigerating immediately ensures good quality to far-away locations. California also ships strawberries to Japan, Mexico and Canada.

We eat the "fruit" part of the plant. The red fruit grows after a small white blossom blooms. Each strawberry has about 200 seeds on the outside skin. In Iowa, we harvest the fruit in June.

Strawberries contain vitamin C, folic acid, potassium and fiber. Eight fresh strawberries provide approximately the same amount of vitamin C as an orange.

Rhubarb is a very old plant that dates back to ancient China in 2700 BC. At that time, it was used for medicinal purposes. The roots of the Chinese variety are still used in medicine today.

Marco Polo is thought to have influenced the introduction of rhubarb to Europe. The first record of rhubarb as a food was in 1778 in Europe (used as a filling for tarts and pies). Rhubarb was thought to have come to the United States in

early 1800.

Rhubarb is a perennial plant that we usually eat and harvest in the spring, when the stalks are tender. It can be grown in lowa. Only the stalks (petioles) should be eaten because the leaves contain moderately poisonous oxalic acid.

Rhubarb can be eaten raw, but you may want to dip it in sugar because it is very sour. It can also be made into fillings for breads and cakes, as well as into pies, jams and jellies.

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov www.fns.usda.gov/eatsmartplayhard www.rhubarbinfo.com

Do the Activity: 2nd Grade

Distribute a "Strawberries and Rhubarb" worksheet to each student.

3rd Grade

Divide the students in groups of 3-4. Distribute the "Strawberry Fun Facts" worksheet. Did any of the groups answer all of the questions correctly? Another option would be to turn it into a game by dividing into teams using a format such as Jeopardy or Who Wants To Be a Millionaire? This could be done using an overhead projector.

Talk It Over:

What part of the strawberry plant do we eat? (the fruit)

What part of the rhubarb plant do we eat? (the stalk; we do not eat the leaves because they contain moderately poisonous oxalic acid)

Can strawberries and rhubarb be grown in lowa? (yes)

Do we need to grow new rhubarb and strawberry plants each year? (No, they are perennial plants) Bring a strawberry plant to show the class, if available.

Has anyone picked strawberries at home or at a farm? Has anyone picked rhubarb?

Apply:

When might you eat strawberries? (for breakfast, lunch, snack, anytime)





There are many ways to eat strawberries. Raise your hand if you have eaten strawberries in any of the following ways:

Fresh, holding the leaves and eating from the bottom all the way up to the leaves

Fresh, cut up on cereal In a fruit salad In a smoothie In muffins

How many of you have eaten fresh rhubarb? Is it sweet or sour? (It is very sour and can be dipped in sugar.)

Have you eaten rhubarb that has been baked or cooked as a filling in breads, cakes, or pie?

Can you think of other ways to eat rhubarb or strawberries?

Strawberries provide us with vitamin C. Vitamin C helps cuts heal and fight infections. Rhubarb also has vitamin C, along with fiber to help food move through our bodies.

Do you think you would get more strawberries in a strawberry smoothie made with strawberries, bananas, ice, yogurt, and orange juice, or from strawberry soda pop? (You were right if you thought you would get more strawberries in the strawberry smoothie. Strawberry pop doesn't actually have strawberries in it. It just has flavor of strawberries.)

Have students wash their hands. Wash the strawberries for the students to sample. Have the students hold the stem and eat!

Wash and cut the rhubarb for the students to sample. They may want to dip it in sugar.

They can then put an "X" through the bingo square of the fruit that they sampled.

How would you get a strawberry ready to eat as a snack? Strawberry – **Wash. Eat. (How easy is that?)**

How would you get rhubarb ready for a snack? Rhubarb – Wash. Slice. Eat. (How easy is that?)

On the back of the Pick a **better** snack[™] & **Act** bingo card for







each month, there is information for their parents and grandparents. There is a family snack recipe, too!

Extend the Activity



Art, Music & PE

Read <u>Eating Fractions</u> (Bruce McMillan, Scholastic Press, 1991). Use colored paper or newspaper to create food fractions based on examples from the book.



Language Arts & Reading

Read <u>We Love Fruit!</u> by Fay Robinson, Children's Press, 1992.



Math

Make strawberry smoothies for the class to enjoy as a healthy snack. Have the students measure the ingredients. (1 cup fresh or frozen strawberries, 1 cup low-fat milk, ½ cup low-fat vanilla yogurt, 4 ice cubes; mix in blender until smooth; enjoy!!)

Non-food option: Help students better understand the number one billion. (Answers on Fun Facts worksheet are 1 billion and 7 billion strawberries.)



Science & Health

Grow a strawberry patch. Research instructions online.

Read <u>From Seed to Plant</u> by Gail Gibbons, Holiday House, 1991.



Social Studies

Conduct class research to find out what type of climate is appropriate for growing strawberries. Use the information collected to determine what states are best suited to grow strawberries.

The Berry Book by Gail Gibbons, Holiday House, 2002 contains historical and scientific facts about a wide variety of berries.



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FOCUS ON FRUITS



Strawberries and Rhubarb

Use the following words to fill in the blanks on the statements below. Then find the words in the puzzle.

California birds		lowa perennials	spring stalks	vitamin C jam		
SO	our	two hundred				
1.		ubarb can be grown in		, but most of the ones we buy at		
2.	Rhubarb has a	taste if	f sugar is not adde	d.		
3.	A strawberry has ab	out	_ tiny seeds on the	e outside.		
4.	Strawberries and rhu	ubarb are harvested i	n the	in Iowa.		
5.	. Rhubarb and strawberries can be made into jelly and					
6.	We eat the	of rhubarb).			
7.	Strawberry and rhub	oarb plants come up e	every year. These	kinds of plants are called		
8.	The seeds on the ou	itside of the strawberi	ry and its red color	are attractive to		
9.	Strawberries are a g	AGRQPC		HUXHZN		



Iowa Nutrition Network







Answer Key **Strawberries and Rhubarb**

Use the following words to fill in the blanks on the statements below. Then find the words in the puzzle.

bir	alifornia rds ur	lowa perennials two hundred	spring stalks	vitamin C jam
1.	Strawberries and rhu the store are grown i	•	lowa, but mos	st of the ones we buy at
2.	Rhubarb has a <u>sou</u>	ur taste if sug	ar is not added.	
3.	A strawberry has abo	out <u>two hundred</u> tiny	seeds on the outside.	
4.	Strawberries and rhu	barb are harvested in the	e <u>spring</u> in lov	va.
5.	Rhubarb and strawbe	erries can be made into j	elly and <u>jam</u>	·
6.	We eat the <u>stalks</u>	of rhubarb.		
7.	Strawberry and rhubaperennials	arb plants come up every	year. These kinds of pla	ants are called
8.	The seeds on the out	tside of the strawberry ar	nd its red color are attract	ive to <u>birds</u> .
9.	Strawberries are a go	ood source of <u>vitamin C</u>	<u> </u>	
•	S \//	AGROPOH	IIIIRHIIXE	1 7 N













Strawberry Fun Facts

Eight strawberries have more vitamin C than an orange.	True	False	
How many towns in the United States are named Strawberry?	3 30	300 3,000	
How much did the biggest strawberry in history weigh?	1 ounce	8 ounces	14 ounces
How long does it take for a strawberry to mature from a flower to fruit?	7 days	14 days	30 days
How many pounds of strawberries does California produce each year?	1,000	1 million	1 billion
How many strawberries would it take to fill the Titanic?	7,000	700,000	7 billion
Strawberries cannot grow in Iowa.	True	False	
Strawberry plants are perennial.	True	False	

Fun Facts from the California Strawberry Commission









Answer Key Strawberry Fun Facts

Eight strawberries have more vitamin C than an orange.	True
How many towns in the United States are named Strawberry? Strawberry, AR; Strawberry, AZ; Strawberry, CA	3
How much did the biggest strawberry in history weigh?	8 ounces
How long does it take for a strawberry to mature from a flower to fruit?	30 days
How many pounds of strawberries does California produce each year?	1 billion
How many strawberries would it take to fill the Titanic?	7 billion
Strawberries cannot grow in Iowa.	False
Strawberry plants are perennial.	True

Fun Facts from the California Strawberry Commission





